

Broiled Tomatoes and Cheese

Makes: 3 servings

Ingredients

3 tomatoes (large, firm)
8 ounces cottage cheese, low-fat
1/2 teaspoon basil (dried)
1/8 teaspoon black pepper
1/4 cup bread crumbs (plain)
cooking spray (or vegetable oil)

Directions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	123	
Total Fat	2 g	3%
Protein	12 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	1 g	5%
Sodium	381 mg	16%

MyPlate Food Groups

Vegetables	1 cup
Grains	1/2 ounce
Dairy	1/4 cup

University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health